



## The Decade of Healthy Ageing: Scaling Up Age-Friendly Cities and Communities

The Decade of Healthy Ageing is proposed as a global collaboration led by WHO that will bring together governments, international agencies, health professionals, academia, the media, the private sector and civil society to improve the lives of older people, their families and the communities they live in.

### This Webinar Will Include an Overview Of:

- How Age-Friendly cities and communities fit into the Decade proposal?
- What are the implications for countries, cities, and communities?
- How will progress be tracked?
- Resources Available for Global network members (Guidance, good practice, affiliates etc)

### Presented by:



Ms Alana Officer  
Team Lead – Healthy Ageing  
Division of Healthier Populations  
World Health Organization  
Geneva, Switzerland



**28** November  
2019



**9:00AM - 10:00AM**  
Eastern Standard Time

**Register Now**

# Decade of Healthy Ageing 2020-2030



*Alana Officer, Team Lead, Healthy Ageing and  
Demographic change*

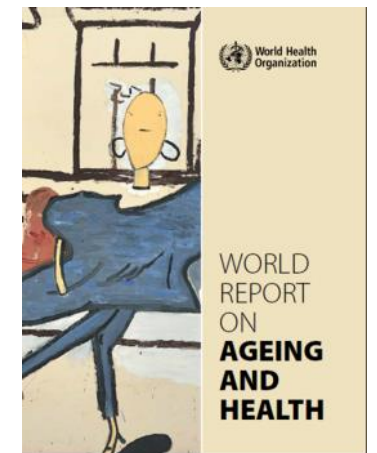
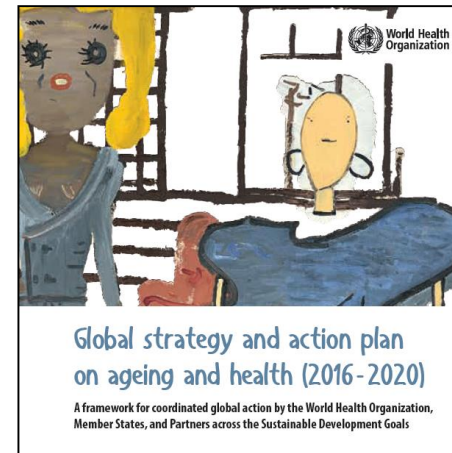
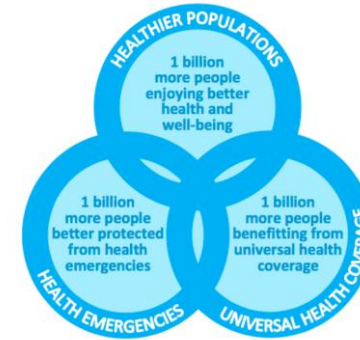
# Global Strategy (2016 – 2030) and Action Plan 2016 – 2020 on Ageing and Health

## Vision

A world in which everyone can live a long and healthy life.

## Goals

1. Evidence-based action to maximize functional ability that reaches every person (2016 – 2020).
2. By 2020, establish evidence and partnerships necessary to support a ***Decade of Healthy Ageing 2020 – 2030.***



# Basic Ageing Facts

By the **end of the Decade** (2030):

**1 in 6 people** worldwide will be aged 60 or over (Today there are 1 in 8)

The number of people aged 60 years and older will have **grown by 56%**, to reach 1.4 billion.

Older people will **outnumber children under 10 years**

**80%** of older people will be **living in low- and middle-income countries**

Many older people are being “**left behind**” without access to even the basic resources necessary for a life of meaning, dignity and equality.

**All countries face major challenges** to ensure that their health and social systems are ready to make the most of the demographic shift.

Because the pace of population ageing is much faster than in the past, **low- and middle-income countries must adapt more quickly** to ageing populations but from lower levels of income, infrastructure and capacities.

# The Decade will build connections and collaboration

Governments  
Civil society  
Professionals  
Media



Academia  
Private sector  
International  
agencies

**Central to every step will be close engagement with  
older people themselves**

# Steps taken to develop the Decade & the implications for AFCC

## 1. We asked people what they want: survey conducted

160 respondents from 81 countries, all regions

When asked “*What issues should the Decade focus on?*”, respondents prioritized:

1. Improved **engagement with older people**
2. Better understanding of **older people’s needs**
3. Developing and strengthening **health and long-term care**, specifically at community level
4. Improved **multisectoral action**

When asked *what priority outcomes the Decade should promote*, respondents ranked highest:

1. Healthy life expectancy
2. Age-friendly cities and communities
3. Reduced number of older people who are care dependent.

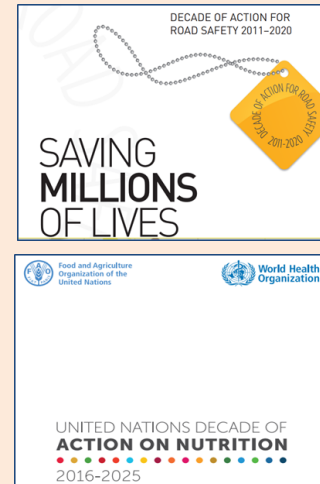
## 2. We reviewed what others did: from 6 past UN Decades

### Factors for success

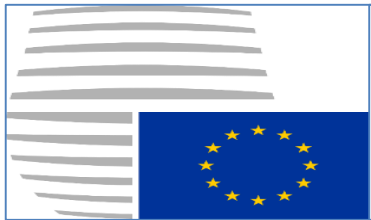
- Ensure the powerful cause has a human face
- Identify (early on) Member States Champions
- Identify and engage committed partners, particularly civil society
- Transform the “ecosystem” (coordination, financing, accountability), not just the issue
- Linkages and practical package solutions within SDG framework
- Having a strategic policy framework/plan
- Cross sectoral collaboration
- Focus on country level support

### Barriers to success

- Losing sight of country-level implementation
- Lack of cross-sectoral outreach
- Resource limitations
- Decade “fatigue”



# Step 3. We work with Member States to harness political opportunities and listen to different perspectives



**A DECADE OF HEALTHY AGEING (2020-2030). IDEAS AND PROPOSITIONS TO REACH PEOPLE AND BUILD HEALTHY SOCIETIES**

**72nd World Health Assembly SIDE-EVENT**

Monday 20 May, 17:30 - 19:00 / Palais des Nations, Room XXIV

**Host**

Chile

**Co sponsors**

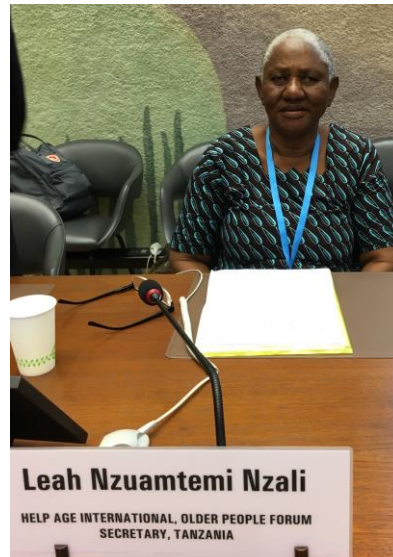
Argentina Canada Costa Rica Ecuador Finland France Japan Panamá Slovenia Singapore Turkey

**HelpAge International**

About us What we do Where we work

Home | News and views | Press room | Press releases | New WHO commitment to healthy ageing could help millions, says HelpAge International

**New WHO commitment to healthy ageing could help millions, says HelpAge International**



**World Health Organization**

**56th COMMISSION FOR SOCIAL DEVELOPMENT**

CSocD56 Side Event on

MIPAA meets SDG3 - A Decade of Healthy Ageing 2020-2030

2 February 2018  
10:00 - 11:30 am Conference Room D  
United Nations Headquarters, New York

**World Health Organization**

**REGIONAL OFFICE FOR Europe**

Чехов  
Chekhov

Инновационная политика в интересах активного и здорового старения в Европейском регионе ВОЗ

Policy innovation for active and healthy ageing in the WHO European Region



# Okayama Declaration of the G20 Health Ministers



- We **affirm active and healthy ageing as one of our priorities**. To support active and healthy aging, we will strive to optimize the opportunities for good health at all stages of life, to end ageism and discrimination against older people, to ensure older people are respected and enabled to exercise their rights and fully contribute to the society.
- We will **prioritize extension of healthy life expectancy** as well as **quality of life** as one of the major pillars of health policy. .... We recognize the importance to address socio-economic determinants of health and the important role of non-state actors including the private sector, academic community, and civil society in this area.
- We recognize the need for **multi-sectoral policies and policy cohesion to foster active and healthy ageing** for people regardless of their gender and socio-economic status. This includes but is not limited to health, nutrition, social protection, employment, transportation, housing, environment, health literacy, and life-long learning. We will work together with other relevant ministries, sectors, and stakeholders to create **age-friendly environments**, and sustainable health and long-term care.
- We will promote **age-friendly and dementia-inclusive environments**
- We will continue to share our experiences and best practices in efforts to build communities conducive to active and healthy ageing and promote mutual learning in other regional or global multi-lateral fora, building on existing initiatives.
- We recall WHA resolution WHA69.3 which requests the Director General of WHO to prepare a proposal for a Decade of Healthy Ageing 2020-2030 and urge WHO to continue this work as one of the priorities of the organization.

# Joint Statement of HLM9

## *Healthy Economies in an Aging World*



The HLM9 highlighted the importance of:

- Integrating preventative approaches (e.g. advice for active lifestyles and good nutrition, smoking cessation, reduction of alcohol-related harms etc.)
- creating age-friendly environments across a variety of sectors in addition to health, including long-term care, elder home care, transportation, housing, labor, and social protection and support.
- a whole-of-government and multisector approach to healthy ageing and
- reaffirmed the importance of continued partnership and collaboration with other multilateral fora, civil society organizations, the private sector, and other partners.



## Policy Outcomes Brief Calls for action on:

- develop a strategic line on ageing;
- take a multigenerational response;
- consider active and healthy ageing and employability of the ageing population as key for wellbeing, sustainable finances;
- promote gender equality and women's well-being also in old age through enhancing work-life balance through the life course;
- cities to play a central role promoting healthy ageing and good quality of life, including through social and technological innovations;
- partner and cooperate with different stakeholders and citizens to maintain public trust.
- **Urges all Member States to join and support the activities by the UN during the forthcoming *Decade of Healthy Ageing***

# Step 4: We ran an online survey (in 6 languages, July 9 to Sept 8)

The screenshot shows a web browser window with the URL <https://www.who.int/ageing/decade-of-healthy-ageing/a-proposal-for-a-decade-of-healthy-ageing-2020-2030/>. The page features a blue header with navigation links: Home, Health Topics, Countries, Newsroom, Emergencies, and About Us. Below the header, the breadcrumb trail reads: Home / Ageing / Decade of Healthy Ageing (2020-2030) / Online consultations for Decade proposal.

## Online consultations for Decade proposal

← Ageing

← Decade of Healthy Ageing (2020-2030)

**Online consultations for Decade proposal**

How to get involved in the Decade

News and updates on the Decade of Healthy Ageing

Upcoming events around the Decade of Healthy Ageing

**Notice: The online consultation deadline has been extended to 8 September 2019.**

In 2016, 194 Countries adopted, at the World Health Assembly, a **Global strategy and action plan on ageing and health** (2016–2030). Informed by the evidence in the **World report on ageing and health** (2015) and aligned with the Sustainable Development Goals, the Strategy called for transformative change.

Member States envisioned that change to be a world where people can live long and healthy lives. Governments realised that to achieve impact in countries we need a decade of concerted action on Healthy Ageing. For WHO, Healthy Ageing is defined as the process of developing and maintaining the functional ability that enables well-being in older age.

### Context

Populations around the world are ageing at a faster pace than in the past and this demographic transition will have an impact on almost all aspects of society. The world has united around the 2030 Agenda for Sustainable Development: all countries and all stakeholders pledged that no one will be left behind and determined to ensure that every human being can fulfil their potential in dignity and equality and in a healthy environment.

A decade of concerted global action on Healthy Ageing is urgently needed. Already, there are more than 1 billion people aged 60 years or older, with most living in low- and middle-income countries. Many do not have access to even the basic resources necessary for a life of meaning and of dignity. Many others confront multiple barriers that prevent their full participation in society.

To ensure that the Decade of Healthy Ageing is a formidable force for fostering partnerships and accelerating progress, we need a unified vision and plan that provide directions for governments and non-State actors to enable people to live longer and healthier lives.

### On-line Consultation

Between **9 July and 8 September 2019**, WHO and partners are seeking open input, comments, revisions, additions on the zero-draft proposal for the Decade of Healthy Ageing. The document is 20 pages (excluding annexes) and is divided into 4 sections:

Section 1: A new context needs concerted, sustained action

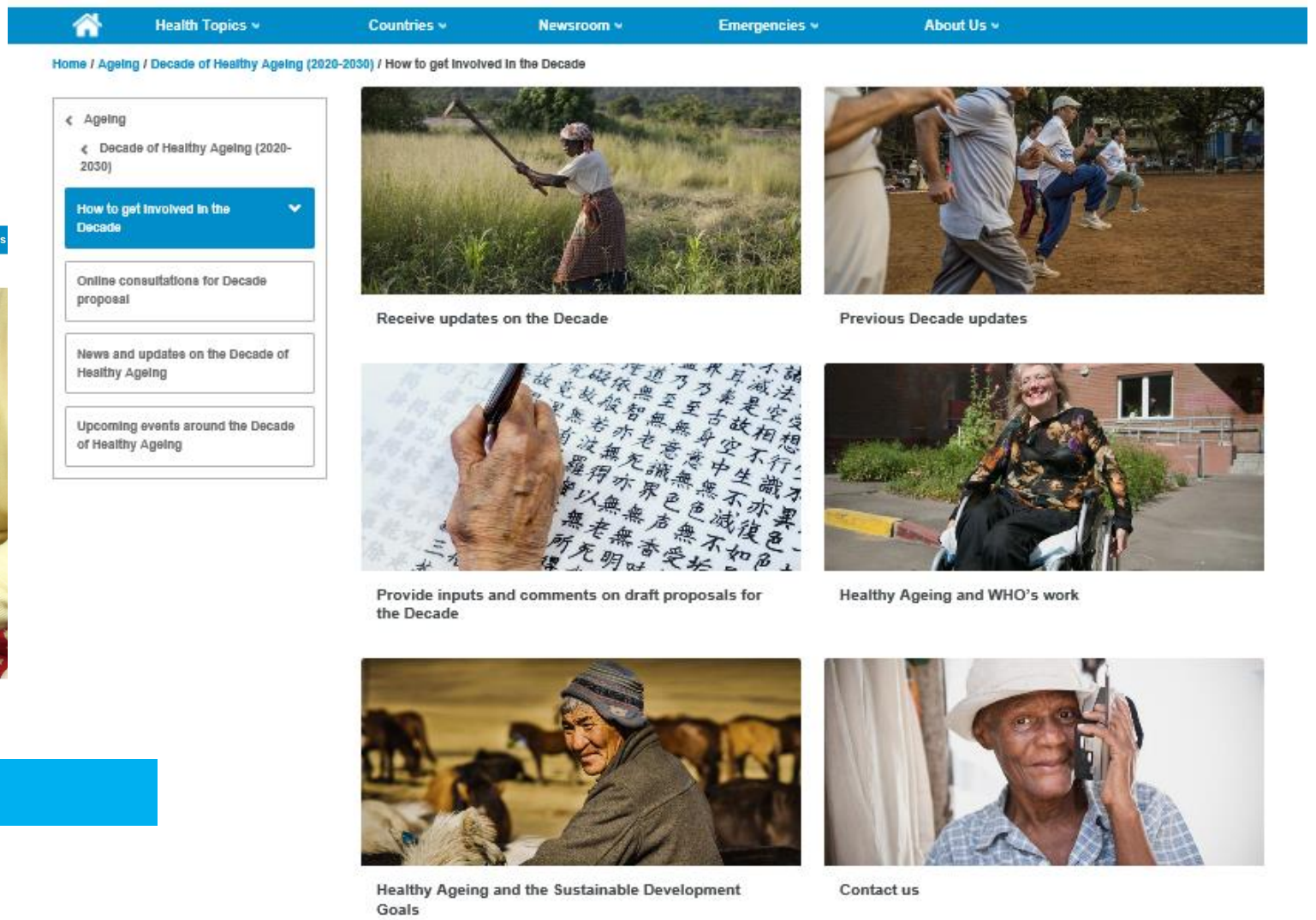


# Step 5: We share and disseminate through a new Platform

<https://www.who.int/ageing/decade-of-healthy-ageing>



Direct email: [Decade\\_Ageing@who.int](mailto:Decade_Ageing@who.int)



# Engagement

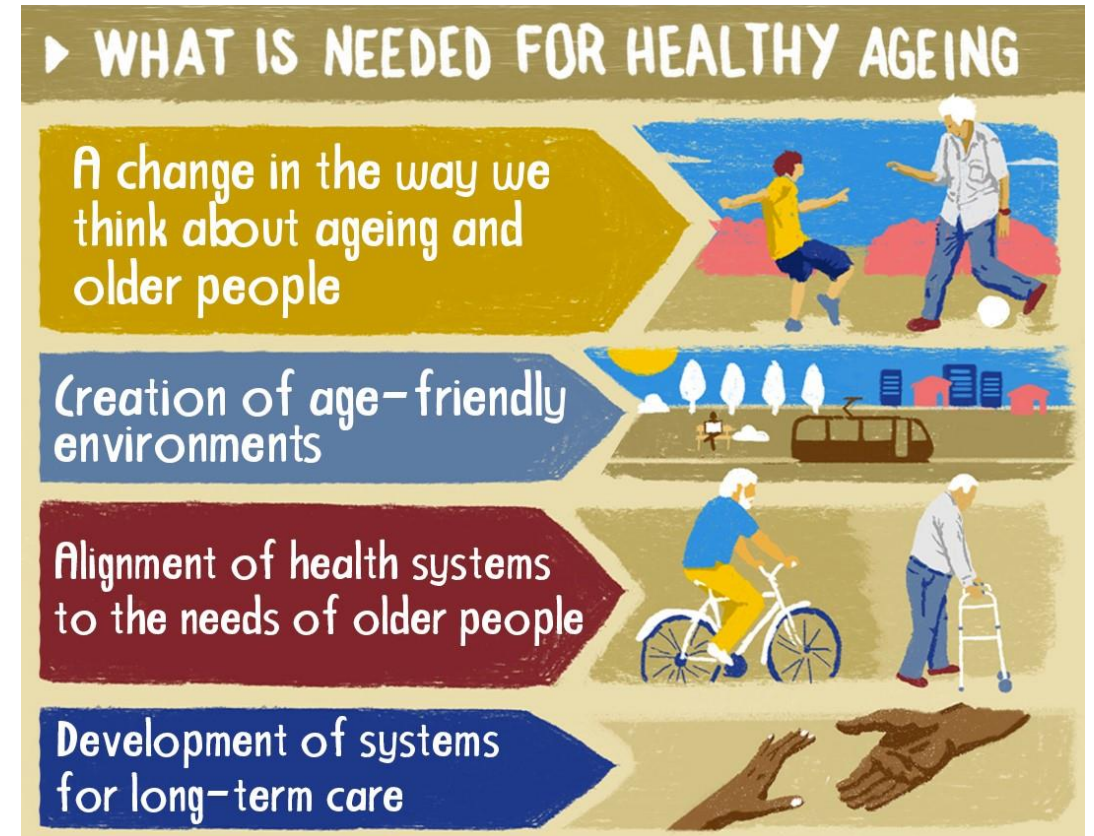


- 89 Member States
- 19 UN Agencies/  
international  
organizations
- 300 Non State Actors

# Decade Proposal: make a real difference in the lives of older people, their families and communities

Guided by the GSAP, the *Decade* aims to stimulate local action that ensures:

1. Change how we think, feel and act towards age and ageing
2. **Communities develop in ways that foster the abilities of older people**
3. Older people have access to integrated care and primary health care
4. Older people who need it have access to long-term care.





**Communities develop  
in ways that foster the  
abilities of older people**

# Doing it differently: a Platform

A platform will enable change across the four action areas through efforts to:

- ✓ Hear and respond to diverse voices and enable engagement
- ✓ Nurture leadership and capacities at all levels
- ✓ Connect stakeholders at all levels
- ✓ Foster research, data, knowledge exchange and innovation.



# HEALTHY AGEING

IMPACT IN THE 21<sup>ST</sup> CENTURY

Global Online  
Leaders  
Training



The programme gives participants the capacity - the understanding and the competencies - to engage meaningfully with the topic of Healthy Ageing and become change agents around the world.

Guided by the WHO World Report on Ageing and Health and by the WHO Global Strategy and Action Plan, participants will aim to break down the rigid thinking that prevent the development of integrated care and age-friendly environments, and will gain valuable insight into the challenges and opportunities associated with an ageing population. Participants will be challenged to ignite innovation and change in the future of *Healthy Ageing*.



World Health  
Organization

# Content Plan Overview

Week 1: Introduction	
<i>Expert: Why should we focus on ageing?</i>	
<p><b>Weeks 2 - 3: Module 1</b> <b>Ageing in a Changing World</b> <i>Module Introduction</i> <i>Module Expert Content:</i> <i>Expert 1: Why are populations ageing and how have macro-level changes affected how we age?</i> <i>Expert 2: Do we all age the same?</i></p>	<p><b>Week 4 - 5: Module 2</b> <b>Societal Responses to Ageing</b> <i>Module Introduction</i> <i>Module Expert Content:</i> <i>Expert 3,4: What responses have been offered to population ageing and what are their gaps?</i> <i>Expert 5: What is ageism and how does it affect societal responses to ageing?</i></p>
<p><b>Week 6 - 8: Module 3</b> <b>Understanding Healthy Ageing</b> <i>Module Introduction</i> <i>Module Expert Content:</i> <i>Expert 6: What is Healthy Ageing?</i> <i>Expert 7,8: Why is integrated care a key component of Healthy Ageing?</i> <i>Expert 9: Why are environments a key component of Healthy Ageing?</i> <i>Expert 10: How do we go about measuring Healthy Ageing?</i></p>	<p><b>Weeks 9 - 11: Module 4</b> <b>Finding a Response to the Selected Challenge</b> <i>Module Introduction</i> <i>Module Expert Content:</i> <i>Expert 11,12: What are the key elements of <b>age-friendly environments</b> (perspectives/ case studies from academia and practice)?</i> <i>Expert 13-17: What are the key elements of integrated care including both health and long-term care (perspectives from academia and practice)?</i></p>
<p><b>Week 12 - 13: Module 5</b> <b>Refining the Response</b> <i>Module Introduction</i> <i>Module Expert Content:</i> <i>Expert 18 and 19: How can you make sure that an action plan is evidence-based, feasible and ready for implementation in this area?</i></p>	
Week 14: Closing Period	

## Search Results



### Projeto Abecedário da Saúde

 **Evaluated**

Consciente que a promoção de uma vida longa e saudável da população pressupõe cada vez mais uma responsabilidade partilhada por diferentes setores, exigindo um esforço ativo por parte dos vários atores da sociedade e abrangendo diferentes áreas de intervenção, o Município desenvolveu o Projeto "Abecedário da Saúde" com o Agrupamento de Centros de Saúde Entre...

[Read more](#)

**Started:** 2019

**Location:** [SantaMariadaFeira](#), Portugal

**Desired outcome for older people:** Learn, grow and make decisions

**Sectors:** Education, Health, Long-term care

A one-stop shop on age-friendly action at the local level:

- Information on the Global Network
- Affiliates profiles
- Member profile pages
- Database of concrete practices.
- Resource library with guides and toolkits, age-friendly assessments, action plans, evaluations and good practices,
- Webinars, newsletters etc

# Where to from here

- ✓ Updated guidance
- ✓ Expanded database
- ✓ Training
- ✓ Tools to measure progress
- ✓ Conferences (regions, languages etc)

# Platforms

Decade: <https://www.who.int/ageing/decade-of-healthy-ageing>

Direct email: [Decade\\_Ageing@who.int](mailto:Decade_Ageing@who.int)

Age-friendly world:

<https://extranet.who.int/agefriendlyworld/>

Direct email: [gnafcc@who.int](mailto:gnafcc@who.int)



IFA 15TH GLOBAL CONFERENCE

# RIGHTS MATTER

NIAGARA FALLS, CANADA | 1-3 NOVEMBER 2020

[IFA2020.ORG](https://ifa2020.org)



International  
Federation on  
Ageing